BIKRAM YOGA HEATS UP
INSTRUCTOR SPEAKS ON BENEFITS AND DRAWBACKS OF HIP NEW EXERCISE {page 9}

EDMONTON
metro®
Tuesday, July 27, 2010
www.metronews.ca

Capital EX. Fun

▶ Edmonton Eskimos player Roderick Williams and a young buddy try out the bumper cars during the Capital EX Monday Morning Magic event. Story, page 2

KATHY LE/FOR METRO EDMONTON

Kids get early treat at Capital EX

Hundreds of kids got a great start to the day at Capital EX's Morning Magic. More than 800 children showed up at the event, which included players from the Eskimos, Oilers, Oil Kings and Capitals.

Lohan getting plenty of visitors

Mom, ex keeping actress company while in jail {page 8}

Eskimos read the riot act

Bosses say jobs in jeopardy in wake of 0-4 start {page 2}

Rexall worst for eats: Study

▶ Violations listed at venue include workers using contaminated cleaning items ▶ Inspection found a ground-beef-and-cheese pizza being stored at 16 C, far from safety guideline of below 4 C or above 60 C

An investigation into food safety at sports venues across North America puts some Canadian eats in the penalty box, but suggests chowing down while cheering is still pretty safe.

Rexall Place fared the worst in Canada, with one-quarter of vendors listed for a critical violation, while all three Ontario facilities, including Toronto's Air Canada Centre, scored a clean bill of health.

The research, conducted for the ESPN television show Outside The Lines, looked at the most recent 2009 health department inspection reports for all 107 North American arenas and stadiums that were home to major sports teams.

It calculated what percentage of vendors at each received a "critical" or "major" health violation on the inspection. Violations can range from failing to have soap at a sink to storing food at improper temperatures or handling a scoop for ice with bare hands. "We should be concerned. These data are not good," said Rick Holley, a professor of food safety at the University of Manitoba. A spokesman for Northlands, the company that operates Rexall Place, said managers and employees at the area receive food-safety training from Alberta Health Services. Brian Leadbetter said food safety is a "top priority."

> **"So far, companies that are involved in this kind of activity have been very fortunate that there have not been, so far as we know, large outbreaks of food-borne illness caused by these kinds of venues."**
> RICK HOLLEY, FOOD SAFETY PROFESSOR

"If and when issues do arise, steps are certainly taken to ensure that they are addressed immediately and that corrective steps are taken."

He added it's difficult to compare results across jurisdictions that might have different food-safety standards in place. THE CANADIAN PRESS

Vehicle shown above is a MINI Cooper S (MSRP $29,900). *Lease and finance rates are those offered by MINI Financial Services Canada only on approved credit (OAC). Lease example: MSRP for a 2010 MINI Cooper with 6-speed manual transmission is $24,900, at a lease rate of 3.9% APR and a term of 36 months, the monthly lease payment is $348.07. $500 down payment required. The first month's lease payment, security deposit, a personal property security registration charge (up to $50), and all taxes are extra and required upon lease signing. Transport and preparation charge of $1,695 and Retailer administration charges (if any) are additional. Total obligation is $15,489.73 plus tax. Additional options, taxes, and insurance are extra. Vehicle is shown with original MINI Accessories that are not included in this offer. The residual value of the vehicle at the end of term is $13,197. Annual kilometres limited to 20,000; $0.15 per excess kilometre. Excess wear-and-use charges may apply. Finance rate of 0.9% is only applicable on a term of up to 36 months. Offer ends June 30, 2010. Offer is subject to availability and may be cancelled or changed without notice. Certain conditions apply. Please see your MINI Retailer for full details. © 2010 "MINI", the MINI logo, MINI model designations, and all other MINI related marks, images, and symbols are the exclusive properties and/or trademarks of BMW AG, used under license.

1 news

Monday morning green and golds

- Yesterday's turnout for Monday Morning Magic was the biggest ever
- Youngsters got to see local sports heroes free of charge

KATHY LE
EDMONTON@METRONEWS.CA

Hundreds of kids started their morning off yesterday with a little bit of magic at Capital EX.

Douglas Gaunt, 13, got to ride the Silver Streak in the North American Midway Fair with his favourite Eskimo player, Ricky Ray, as part of the Monday Morning Magic event, which allows kids with disabilities the chance to enjoy the fair in a safe and controlled environment.

"He's really nice", said the lucky rider of the star quarterback.

Joining the Eskimos to help out with the event were players from the Oilers, Capitals and Oil Kings.

"The Eskimos really make sure we make it out to this event every year," said offensive lineman Patrick Kabongo.

"We care about the people who support us and we care about the kids."

It's magic

- The event was first held 33 years ago.
- This year, hundreds of kids enjoyed lunch with local sports celebrities.
- There was also an autograph signing for the youngsters and their parents.

800

More than 800 kids showed up for the event.

KATHY LE/FOR METRO EDMONTON

▶ Eskimos players Daniel Libre (far left), Jeremy Parquet, Roderick Williams and Jamaica Rector hang out with Paige Mason, 5, and Austin Mason, 9, at Capital EX Monday Morning Magic.

No one is untouchable, not even me: Eskimos president

Rick LeLacheur sent a message to Eskimos fans yesterday: The buck stops here.

LeLacheur said the CFL team's 0-4 start, its worst in 45 years, is completely unacceptable.

The team president even suggested his own job isn't safe if the unthinkable were to happen and the Esks fall to 0-5 on Friday.

"There's nobody in this organization that's untouchable. What we're here to do is win and that was such an embarrassment on Saturday," he said.

"I questioned football operations and the coaches if we were mentally or physically tough enough. I don't think we are."

LeLacheur said he expects to see some changes in the starting lineup for Friday's game against B.C. — but so far, nobody has lost their job.

"It starts with me, it starts at the top," he said. "I'm the president and CEO, the buck stops here. I'm accountable just like everyone else is."

ANDREAS MORSE

News in brief

Walking the (mapped) walk

GEOGRAPHY. Avenue Community Walking Maps are being delivered to about 13,000 North Central Edmonton residents to help guide them through the pathways of their neighbourhood.

The North Central Edmonton Avenue Community Walking Map is the eighth in a series of maps for local neighbourhoods. It includes Alberta Avenue, Cromdale, Delton, Eastwood, Elmwood Park, Parkdale, Spruce Avenue and Westwood.

Other communities with walking maps include Woodcroft, Riverbend, the Ridge, Stony Plain Road, Strathcona Centre, Parkallen and Mill Creek South.

The plan is to create a map for every community in the city.

ANDREAS MORSE

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Female Afghan police hopefuls get first day of training with Canadian mentors. Video at metronews.ca/canada

Follow us on Twitter @metroedmonton

Food and Water can carry Hepatitis A

ARE YOU TRAVELLING?
Get your vaccines and make sure you are protected!
Travel Vaccines

Atlas Immunization Services Inc.

Hepatitis A & B, Yellow Fever, Tetanus/Diphtheria, Meningitis, Typhoid, Dukoral, And More!
Health Canada Santé Canada
Certified Yellow Fever Clinic

Be protected, get your Travel Vaccines

Suite 104, 7633 - 50 St. (Old Shaw Cable Bldg.) | 780.465.5150
PARKING AVAILABLE | www.atlasimmunization.com | OPEN MONDAY TO SATURDAY

Canada gets tough on Iranian sanctions

Joins Western allies in imposing new measures ▶ Increases pressure for Tehran to drop nuclear weapons

Iran's energy, banking and trade sectors are the target of new sanctions imposed yesterday by both Canada and the European Union.

The separate announcements are part of an international campaign against the country's nuclear ambitions.

While the West accuses Iran of trying to develop nuclear weapons, Tehran says its program is devoted to electricity production only.

Foreign Affairs Minister Lawrence Cannon said the international community is united on the need to curb Iran's nuclear efforts.

Canada's new sanctions include a ban on any new Canadian investment in Iran's oil and gas sector or government securities, and restrictions on exporting goods that could be used in nuclear programs.

"No state can threaten international peace and security without consequences."
FOREIGN AFFAIRS MINISTER LAWRENCE CANNON

Iranian banks will also will be barred from opening branches in Canada and Canadian banks will not be able to set up operations in Iran.

"These additional sanctions are in no way meant to harm or punish the Iranian people," Cannon said.

"They are aimed at Iran's irresponsible and aggressive government."

Canada and the EU's adoption of sanctions follows a resolution passed by the United Nations Security Council in June.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Foreign Affairs Minister Lawrence Cannon holds a press conference in Ottawa yesterday.

Ex-commander wants Semrau gone

The former top Canadian commander in Kandahar says a military court has no choice but to kick out of the Canadian Forces a soldier found guilty of shooting a wounded and unarmed Afghan insurgent.

A military court is holding a sentencing hearing to determine a penalty for Capt. Robert Semrau.

The court is hearing submissions on what Semrau's fate should be.

Brig.-Gen. Denis Thompson says that Semrau's actions were "such a blow" to the credibility of the Canadian Forces that there is "no other option" but to boot him from the military.

The judge will consider evidence from the hearing before handing down a sentence. Semrau could serve up to five years in jail or be dismissed from the military. THE CANADIAN PRESS

Visa payWave
speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.
ScanLife

PAUL CHIASSON/THE CANADIAN PRESS X

▶ Capt. Robert Semrau arrives to court yesterday with his wife Amelie Lapierre-Semrau.

News in brief

Jasper to be site of memorial

INGERSOLL, ONT. A man from Ingersoll, Ont., says he's creating a memorial to slain schoolgirl Victoria Stafford to be placed in Jasper, Alta.

Jasper was a favourite spot for Tori to visit.

THE ASSOCIATED PRESS

Did U.S. ask Canada to pressure Saudis?

The United States asked Canada to put diplomatic pressure on Saudi Arabia and South Africa over Taliban fundraising activity apparently taking place in the two countries.

The revelation is contained in nearly 9,200 pages of classified American documents released by online whistleblower Wikileaks. It's long been known the Taliban have relied on sympathetic Saudi charities to bankroll their weapons and munitions purchases, but the revelation about South Africa is stunning. THE CANADIAN PRESS

Plastic bottle boat ends trip

A sailboat, largely constructed from 12,500 recycled plastic bottles, has completed a four-month journey across the Pacific Ocean in an effort to raise awareness about the perils of plastic waste.

THE ASSOCIATED PRESS

RICK RYCROFT/THE ASSOCIATED PRESSS

▶ The Plastiki bottle boat

Energy drinks pose risks to kids: CMAJ

The Canadian Medical Association Journal is voicing alarm over the increasing popularity of highly caffeinated energy drinks among kids and teens.

The journal says the drinks have crossed the line from beverages to drugs delivered as tasty syrups.

An editorial in the journal says some of the drinks contain the caffeine equivalent of 10 cans of cola.

It raises particular concern about the fact that advertising for the drinks targets kids and teens.

THE CANADIAN PRESS

BlackBerry a security risk, UAE claims

The Emirate's major mobile operator tried to get device's users to unknowingly install spyware

How email and text messages are managed on BlackBerry smartphones is facing scrutiny in the United Arab Emirates where authorities say the devices operate outside national laws.

The Middle Eastern country's telecommunications watchdog has noted data services are managed by Research In Motion outside local control and it wants that to change.

The United Arab Emirates is among countries that censor websites and other forms of media.

The UAE's Telecommunications Regulatory Authority said Sunday that as a result of how BlackBerry data is managed and stored that "certain Blackberry applications allow people to misuse the service, causing serious social, judicial and national security repercussions."

THE ASSOCIATED PRESS FILE PHOTO

▶ Data from the device in the UAE goes through computers in the U.K.

"Like many other countries, we have been working for a long time to resolve these critical issues, with the objective of finding a solution that safeguards our consumers and operates within the boundaries of UAE law," the authority said via the country's state news agency.

Reporters Without Borders says even though the United Arab Emirates has the highest Internet penetration rate in the Arab world, the authorities have put in place "an extensive system to filter sensitive subjects, backed by repressive laws." THE CANADIAN PRESS

Doll. Wars

▶ Bratz dolls have been in scarce supply while MGA Entertainment and Mattel battled over their rights.

MGA ENTERTAINMENT/THE ASSOCIATED PRESS

Move over Barbie

An appeal court decided last week that the rights to the Bratz franchise belong to MGA Entertainment. Mattel earlier claimed that the Bratz's designer was working for Mattel when he created them and Mattel should get ownership of the trademark.

BP CEO takes post in Russia

BP CEO Tony Hayward is set to step down in October to take a post at TNK-BP, the company's joint venture in Russia, which gives BP a chance to make a fresh start. BP executive Robert Dudley, an American who has been overseeing oil spill recovery efforts, is likely to be his successor.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
↑ + 31.86 (11,746.07)	↑ + .34¢ (96.86¢ US)
Oil	**Natural gas**
↓ Unchanged ($78.98 US)	1,000 cu ft $4.612 (+3.2¢) Gold contracts $1,183.10 (+ $4.70)

CA Chartered Accountants

University of Lethbridge
FIAT LUX
Faculty of Management

CA Bridging PROGRAM
at U of L's Edmonton campus

"Your bridge to an accounting career"

Courses start in September!

Are you a degree-holder looking for a career change?

An internationally trained accounting professional?

The CA bridging program provides a fast track to the respected CA designation.

www.CAbridging.ca
U of L's Edmonton campus: 780-424-0425

A partnership between the Chartered Accountants Education Foundation of Alberta and the University of Lethbridge's Faculty of Management.

STRANGERS ON A TRAIN: TICKET TO FLIRT

She says ...

JESSICA NAPIER

Even though I'm in a happy, committed relationship, I have to admit that lately I've been spending a lot of time pressed up against other men ... and women.

Like many urbanites, I spend more than an hour every day crowded inside packed trains and buses, dutifully riding to work with my fellow commuters. In fact, as you read these very words I'm probably desperately clutching onto a subway pole nearby, carefully balancing on my not-so-sensible heels.

While I might start every journey with a small sense of pride (I'm eco-friendly and saving money on car insurance!), I inevitably emerge from the underground a sweatier, crankier version of myself. It's uncomfortable, overcapacity and there is always some guy standing beside me with his iPod turned up far too loud.

Public transit is certainly not sexy. But for some people — and these are probably the same folks who think the gym is an appropriate pick-up locale — the daily commute is prime time for serious flirting.

I'll admit, there are some attractive people riding transit. But when a brutal combination of signal delays and construction holdups have left me standing on a platform for 20 minutes, I am in no mood to strike up a conversation.

> **"I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole."**

Yet, I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole. Just spend five minutes on Craigslist browsing the "missed connections" page and you will find plenty of commuters hoping to reunite with a rush-hour run-in.

The more time I spend on public transportation, the more I wonder how many real relationships blossom out of these fleeting encounters. I assume that for every successful hookup there are about 100 awkward and embarrassing rejections. Sometimes it's hard to know when your subtle eye contact has turned into creepy leering. Here's a hint fellow riders: Glancing up from your book is coy; undressing someone with your eyes is inappropriate.

So good luck to all you single travellers, but remember to practise picking up with caution. In the words of 30 Rock's Liz Lemon, you can do some serious flirting on the subway before you realize the guy is homeless.

Cartoon

MICHAEL DE ADDER

Highest form of flattery

Letters & Tweets

Re: Ned Ehrbar's story for Dinner for Schmucks (July 23-25)

TORONTO. We read the story, but nowhere did we find a reference to the original movie (Le dîner de cons) or to its screenplay author Francis Veber. It saddens us that there were no references to the original idea.

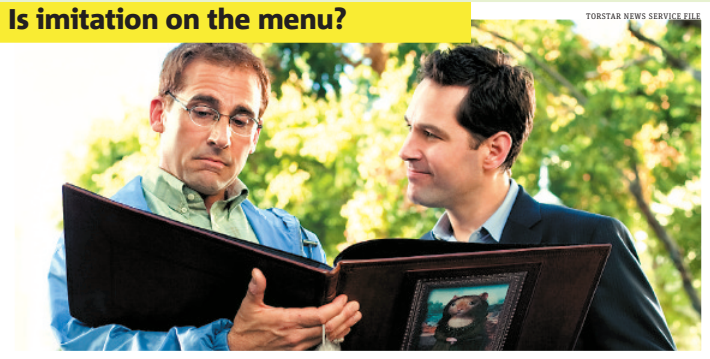
Veber should have received his credit. Even its title is a direct translation of the original title.

TANIA YUDITSKAYA AND EUGENE ZHILINSKY

We asked: What book would you like to see made into a movie?

Is imitation on the menu?

TORSTAR NEWS SERVICE FILE



TORONTO. The Regiment (1955) by Farley Mowat, Ortona by Mark Zuehlke, and the classic crime novel Red Harvest (1929) by Dashiell Hammett.

LARRY ROBERTS

TORONTO. I would suggest that the huge amount of paper you waste in printing celebrity gossip every day could be put to better use. I certainly have not been living in a cave, but I have never heard of any of these people.

The dumbing down of journalism in recent years is quite alarming and actually quite insulting.

Why don't you break free of the braying herd and work to correct it?

FRANK MACKAY

What would you rather have more of, time or money?

Email
edmontonletters@metronews.ca
Twitter
@metroedmonton

Metro has the right to edit letters and submissions.

metro

METRO EDMONTON • Suite 2070, 10123 - 99 Street • Edmonton, AB • T5J 3H1 • T: 780-702-0592 • Fax: 780-701-0356
Advertising: 780-702-0592 • adinfoedmonton@metronews.ca • edmonton_distribution@metronews.ca
Publisher Steve Shrout, **Managing Editor** Harry Hodge, **Sales Manager** Cheryl Skogg, **Distribution Manager** Jim Hillman

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Taste of Edmonton

For the next six days, Sir Winston Churchill Square will be transformed into a gourmand's dream come true. A Taste of Edmonton kicked off Friday and more than 40 restaurants are serving up dishes in the heart of downtown.

Everything from Blue Willow Restaurant's pineapple sunset chicken to Zucchero Cappuccino Bar's Calabrese potatoes with chipotle aioli, it's all available for sampling.

What goes well with beef tenderloin wrapped in bacon? How about a cup of Charlie Flint beer from Alley Kat Brewing or a glass of red wine from Kadala in Spain? If you have a culinary craving, A Taste of Edmonton has your fix. **ANDREAS MORSE**

ANDREAS MORSE/METRO EDMONTON

▶ Sarah Senuik, left, Kellie Simpson and Daniela Villota serve up A Taste of Edmonton favourite, Alberta beef mini burgers from the Canadian Hudsons Tap House.

2 scene

Feels so fresh and so Lucious

After being told his album was too artsy, Big Boi took it to another label and gained much success ▶ Rapper tapped into his Jedi music-making skills

TINA CHADHA
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Big Boi answers the phone with an "'El-low mon," horsing around in a fake island accent. The time seems right for fun and games, since the rapper, half of mega hip-hop group Outkast, finally released his delayed solo project Sir Lucious Left Foot: The Son of Chico Dusty.

The release comes after an extended period of drama with his former record label. Jive held the album for nearly three years, saying it was too artsy to put out. So Big Boi went to Def Jam. A creative mix of funk, soul, electro and retro sounds — like nothing you've ever heard, and everything you want to dance to — Sir Lucious debuted at No. 3 on the Billboard charts and is receiving tremendous critical acclaim. Hell, notoriously biting Pitchfork even gave the album a 9.2.

So is it time to walk around the Jive offices with an I-told-you-so smirk? "I think the world is telling them," says Big Boi. "You have to leave the music-making to the professionals."

Even when Jive shelved the project, the Atlanta native says he never considered tweaking his work: "I'd rather not do music if I had to conform to today's standards. I know what I wanted it to sound like. And I'm definitely not a quitter."

▶ Big Boi is hard at work on the next Outkast album, and his next solo project, Daddy Fat Sax: Soul Funk Crusader.

In brief

Barack Obama is scheduled to appear on the Thursday edition of ABC's The View. This will be the first time a sitting U.S. president visits a daytime talk show.
THE ASSOCIATED PRESS

DVD releases

Buy it ●●●●●
Rent it ●●●●
Borrow it ●●●
Yawn ●●|Don't bother ●

Clash of The Titans
Genre: Action
Director: Louis Leterrier
Stars: Sam Worthington, Liam Neeson
●●●

People watching this unintentionally hilarious remake of the 1981 adventure epic will be tempted to groan "Argh-oohs!" at regular intervals, as fans of a football team are wont to do whenever their heroes disappoint them.

You don't need any further enticement to moan or snicker than what's already on offer from Clash of the Titans, directed by Louis Leterrier (The Incredible Hulk). It's definitely in the so-bad-it's-good category of blockbusters.

Avatar's Sam Worthington plays a half-man, half-god hero named Perseus, who is leading a human grudge match against the gods of Mt. Olympus: disco-dressed Zeus (Liam Neeson) and his bilious brother Hades (Ralph Fiennes).

It's one supremely silly movie, but it's also a Razzies-ready hoot, especially when the gods get really mad at the rebellious humans and Zeus yells, "Release the Kraken!"

Extras include deleted scenes, alternate ending, production info and "Maximum Movie Mode" with Neeson, Fiennes, Worthington and Leterrier. ● PETER HOWELL

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Every time Neil Young plays Winnipeg — he's playing there tonight — it's a big deal. While the legendary artist was born in Toronto and lived in Omemee, Ont., as kid, it was in the 'Peg where he spent his teenage years.

YOUNG FOREVER CANADIAN

The city's residents love to claim Young as their own, and you can't blame them — he played Winnipeg's clubs, started his first band The Squires here, was friends with Randy Bachman — but is he really a Winnipeg artist? Or even a Canadian one for that matter?

Young might play north of the 49th sometimes but he has never recorded an album in Canada and his producers are almost all American. (He is working with Daniel Lanois on a new disc.) He's been living down south for 44 years, pays American taxes and his wife and kids are all born in the U.S.

However, in a 2005 Time Magazine interview he said: "If I ever had to give up my Canadian citizenship to become American I wouldn't do it … I love Canada. As I get older, more and more I start singing about Canada."

So, as long as he's a Canadian citizen, he'll stay Canadian in my books. But I wouldn't call him "Winnipeg's own". He's lived in various cities across the country and really, he belongs to everyone here.

Scan code for a story on old rockers made new (for instructions, see page 3)

Teach your TV new tricks.

Unleash Optik TV with PVR Anywhere.

It's unlike anything you've ever seen before. Optik™ TV will forever change how you view home entertainment. And with PVR Anywhere, you'll get to watch what you want, when and where you want.

- 1 PVR is all you need – record and watch your shows on any TV in your home with a digital box*
- Pause a recorded program in one room and pick it up from the same spot in another room
- Record up to 3 shows at once from any room

PLUS, get a FREE HD PVR rental when you sign up.†

Get it all on the new TELUS Fibre Optic Network.‡

Call 310-MYTV (6988) or visit telus.com/optiktv or your nearest TELUS authorized dealer.

TELUS

the future is friendly®

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

*PVR capabilities subject to and limited by applicable laws. Digital boxes charged separately. †Offer available on a 3 year Optik TV service agreement until August 3, 2010, to residential clients who have not subscribed within the past 90 days to TELUS TV service. TELUS Home Phone or High Speed Internet service required. ‡Fibre optics may service all or part of your network connection, depending on location. TELUS, the TELUS logo, Optik and the future is friendly are trademarks of TELUS Corporation, used under licence. © 2010 TELUS.

Lindsay's ex a pays her a visit

Samantha Ronson has been wearing out her weekly pass to visit incarcerated ex-galpal ▶ Other frequent guests include her mom, lawyer

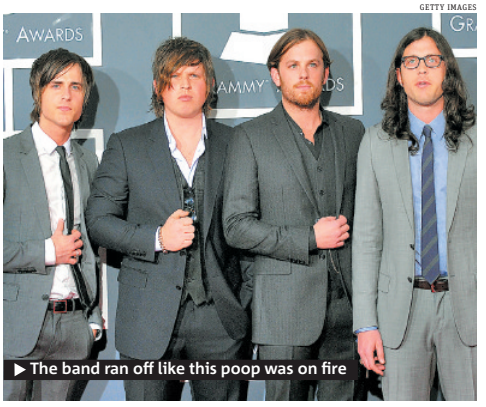
Lindsay Lohan has been using up her weekly visitors quota quickly while at the Lynwood, Calif., detention center where she's serving out her sentence. So far, she's getting face time with mom Dina Lohan, lawyer Shawn Chapman Holley and, most notably, ex-girlfriend Samantha Ronson, according to People magazine. Despite a falling out earlier this year, Ronson has been supportive of Lohan during her legal battle, prompting rumors of a rekindled romance. As she left the detention center, Ronson snapped at a reporter asking her how Lohan was doing, saying, "How do you think she's doing?".

People.com also reports the other prison inmates are "completely sick" of the preferential treatment Lohan is getting. The magazine says every time the actress is moved, or receives a change of clothing, the entire facility is put into lockdown until officials make sure the actress and her belongings are "safe." According to a fellow inmate, the star is quiet and mostly keeps to herself, avoiding eye contact.

METRO WORLD NEWS

AP PHOTO

GETTY IMAGES



▶ The band ran off like this poop was on fire

Visa payWave
speed read breaking news brought to you by Visa payWave. a secure, faster way to pay. just wave and go.
SCANLIFE

3 The number of times Kings of Leon bassist Jared Followill was hit by flying pigeon poop before he ran offstage. The band's managing company released a statement after the show stating Followill had been hit near the mouth.

KOL no match for pooping pigeons

Musicians have performed through violent storms and scorching temperatures at an outdoor arena in suburban St. Louis.

But an infestation of pigeons that bombarded the Kings of Leon with droppings at the Verizon Wireless Amphitheatre managed to force an early end to the rock band's concert Friday night.

A statement from the band's management company, Vector Management, says bassist Jared Followill was hit several times, including near his mouth, and that the onslaught of feces was a potential health hazard. The crowd grew restless after the band walked off, and an announcement told them that the show was over. Concert promoter Live Nation says fans will get a full refund.

THE ASSOCIATED PRESS

McDonald's®
i'm lovin' it®
IS PROUD TO SPONSOR
PROMOTER OF THE WEEK
CONGRATULATIONS
Ernest K.
Pick up your free copy of Metro from this week's Promoter of the Week at:
CBC
102 Ave & 100 St
...OR FROM ONE OF OUR MANY OTHER PROMOTERS!
PROMOTER WILL RECEIVE A McDonald's Gift Certificate
metro

News in brief

Tabloid feels the wrath of Brangelina

THE MORAL OF THE STORY IS: DON'T MESS WITH ANYONE WEALTHIER THAN YOU. Angelina Jolie and Brad Pitt have come out on top in their legal battle with the News of the World, according to E! News. The couple sued the newspaper after it reported last January that they had met with a Los Angeles divorce lawyer, prompting breakup rumors. "When the News of the World failed to publicly retract the allegations and apologize for them — thereby leaving their readers in the dark as to the true position — the couple felt they had no alternative than to sue," their attorney said in a statement. The undisclosed settlement will go to charity.

METRO WORLD NEWS

Two boring, pretty people get married

NEXT! After just one month of engagement, Victoria's Secret model Miranda Kerr and Pirates of the Caribbean star Orlando Bloom tied the knot in a private ceremony, according to People magazine.

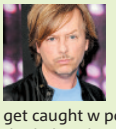
The wedding was so secret that Kerr even had something else planned for that day: an appearance at Australian department store David Jones, which she canceled at the last minute.

"David Jones very graciously released me during this period so we could celebrate an intimate ceremony and honeymoon together," Kerr said in a statement.

No word on their honeymoon locale, but chances are bikinis will be involved.

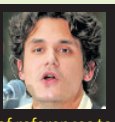
METRO WORLD NEWS

Celebrity tweets



David Spade [@DavidSpade] did paris hilton get caught w pot again? i think thats lost its shock value. its like hearing she ran a stop sign

Tila Tequila [@TilaOMG] MAYBE WHAT LINDSAY NEEDS IS A PEN-PAL???



John Mayer [@johncmayer] I've heard a lot of references to "capris" "manpris" and "clam diggers" but the correct terminology is "high-water pants"

METRO WORLD NEWS

Sweating the hot stuff in the studio

Bikram or 'Hot' Yoga is one of the hippest and sweatiest workouts out there Metro speaks to an instructor to understand the benefits and drawbacks of letting it all out

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In the heat of the workout. Bikram Yoga class in a hot and sweaty London studio.

The Basis Of Bikram

The postures combine balance and resistance. Bikram goes beyond flexibility, requiring coordination, focus and stamina through the core. The body builds up strength around flexibility, and not the other way around. Like all other physical exercise, the benefits gained from Bikram Yoga will be heightened for those living a healthy balanced life in parallel.

Why the heat?

The Physical

Bikram Yoga is a selected series of 26 hatha yoga postures carried out in a heated room of up to 40 C. Designed by Yogi Bikram Choudhury, the motive was to trigger sweating, ultimately the body's most natural and effective way of ridding itself of toxins and impurities. Sweating is a natural part of exercise, cooling you down, and people should learn not to be put off by it. Although exercising at such high temperature is challenging, there are many advantages.

Oram, who teaches Bikram Yoga in London explains how both the heat and sweating cause the blood to thin, clearing the circulation system. Oram says: "40 degrees is a safe temperature to stretch and work out in as the muscles stretch more easily in the heat and the joints work better, allowing you to push deeper into the stretch."

Heat is a catalyst to sweating, making the body detoxify and cleanse the skin. "You will experience an all-round improvement, from how your body heals, to the circulation of blood around the body over to kidney function," he explains. The heat also removes some of the lactic acid build up we experience with exercise, reducing feelings of stiffness or pain.

"Remember, heat is a catalyst for everything," says Oram, "Warm muscles burn more calories and the postures will have you pushing your physical boundaries. Adding heat to the equation will improve the speed of heart and respiration rate, further improving metabolism." Being more in tune with your body as a whole also reduces the risk of injury.

The mental

Being active is very calming for the mind, promoting willpower and mental strength. The challenging nature of Bikram Yoga forces you to focus your mind and whatever your limits are, you are made to face and assess them. Letting your attention switch to your body and senses, from healing into feeling stretching and breathing will help you feel more balanced and calm. On the other hand, for those who are over active, Bikram is a healthy medium through which to channel excess energy. The end of each class is like the slate has been wiped clean again, promoting a feeling of lightness of mind.

Breathe And Burn

Breathing is a key element across all forms of Yoga and getting it right can be tricky. In Bikram, breathing comes first in the form of pranayama. This particular breathing technique is aimed at improving the circulatory and respiratory system and opening up the chest and the lungs. Over time, the lungs elasticity is increased giving them a greater capacity and ability to take in deeper breaths.

Watch out for

The extreme heat in which Bikram Yoga is carried out can have drawbacks if you are not careful.

- **Make sure you eat breakfast:** Although it is recommended that you do not eat two hours before class, many people take this too far and skip meals altogether. The high temperatures are strenuous and not eating could cause dizzy spells and very rarely, feeling faint.
- **The heat enables you to push deeper into the stretch:** Making sure you don't push yourself to the point of damaging muscles or causing stress on your body is important.
- **90 minutes of Bikram Yoga makes people sweat profusely:** Make sure to drink plenty of water before, during and after the class to keep hydrated.

Five tips to beat heavy legs

When your legs feel heavy, it could be down to two things; fluid retention or poor circulation. These tips will help you lighten up and get moving .

1. Stay away from foods that are high in salt as they will make you retain water and feel bloated.
2. Avoid drinking too much soda as it contains a lot of sodium. Try drinking more water instead.
3. Lie down on your back and elevate your legs. This will instantly make you feel better as it will relieve tension and potential discomfort. If you are really suffering, consider sleeping with your legs propped up on a pillow. Elevating your legs above heart level will get the fluids flowing better around the body.
4. Do a series of stretches such as leg circles and calf raises to stimulate blood flow and improve circulation.

5. If all else fails, invest in a pair of compression socks, but only after you have seen a doctor and he has suggested it.

METRO WORLD NEWS

News in brief

Marijuana link debunked

STUDY Smoking pot is unlikely to reverse the signs of Alzheimer's disease. A study done at the University of British Columbia and Vancouver Coastal health Research Institute debunks the idea that marijuana can be beneficial for those with cognitive diseases. CELIA MILNE

Beer attracts mosquitoes

STUDY Beer drinking increases attractiveness to mosquitoes.

At least that was the result of a study done in West Africa by French scientists. They wanted to find out if alcohol consumption was a risk factor for developing malaria. Volunteers who had consumed beer were more attractive to mosquitoes than people who had had water to drink. CELIA MILNE

3 life

News in brief

Elliptical trainers have been a long-time presence in gyms and fitness facilities and a go-to piece of equipment for those looking to get their cardio fix. But for individuals suffering from lower back problems, research suggests they may need to think twice before stamping their ticket to ride on the popular workout machines.
THE ASSOCIATED PRESS

SCANLIFE

Medical devices causing injuries for children

Griddled & grilled

Basic burger topped with chipotle chilies and cheese

Ingredients:
- 1.1 kg (2 1/2 pounds) ground beef (80 per cent lean)
- 60 ml (1/4 cup) water
- 7 ml (1 1/2 tsp) kosher salt, divided
- 7 ml (1 1/2 tsp) ground black pepper, divided
- 15 ml (1 Tbsp) canola oil
- 30 ml (2 Tbsp) unsalted butter or olive oil
- 6 small to medium sweet white onions, thinly sliced
- 30 ml (2 tbsp) pureed chipotle in adobo
- 60 ml (4 tbsp) thinly sliced scallions
- 30 ml (2 Tbsp) coarsely chopped fresh cilantro
- 30 ml (2 Tbsp) parsley
- 6 slices Monterey Jack cheese
- 6 hamburger buns

For the AP's 20 Burgers of Summer series, Adam Perry Lang, owner of New York's Daisy May's BBQ USA restaurant offered up a basic burger — nearly a half-pounder — topped with caramelized onions spiked with chipotle chilies and Monterey Jack cheese.

THE ASSOCIATED PRESS

▶ Griddled and grilled Monterey Jack cheese burgers with spicy chipotle caramelized onions and cilantro.

Preparation:

1. In a large bowl, mix together the beef and water. Shape into 6 patties, about 2.5 cm thick.
2. In a small bowl, mix together 5 ml (1 tsp) each of the salt and pepper. Use the blend to season the burgers, pressing it into the meat. Heat a grill to medium-high.
3. Set a griddle pan on the grill and add half of the butter or oil. When the pan is hot, add the onions, season with the remaining 2 ml (1/2 tsp) each of salt and pepper and saute until the onions soften and start to brown. Add the pureed chipotle, scallions and cilantro.
4. Push the onions to one side of the griddle. Heat the remaining butter or oil on the empty side and place the hamburgers on it. Cook for 2 minutes, then flip and cook for another 2 minutes.
5. Move the burgers to the grill and cook to desired doneness, flipping halfway through (2 minutes per side for medium-rare). Stir the parsley into the onions and spoon the onions onto the hamburgers. Lay a slice of cheese on top of each and continue cooking until it melts. Place a burger in each bun and serve.

THE ASSOCIATED PRESS

Are the eyes the "Windows to the soul?"

and as you look in the mirror have you ever thought...
- My eyelids make me look older that I feel.
- People say I look tired
- I'm getting the same eyelids as my Parents
- I don't need glasses after my Lasik, but now people see my eyelids.
- I can't wear makeup anymore-it's always smudging.

Then cosmetic Blepharoplasty may be the procedure for you!

For a personalized cosmetic surgical consultation with Dr Royce Johnson contact 780-425-LIDS (5437)

DESIGUAL MOTO KOLLONTAI LARA PRESBER NTS DINH BAH DESIGNS L.A.M.B. ROCK REVIVAL MISS ME RACHEL F BAILEY 44

Your Cosmopolitan Fashion Connection

THREAD HILL
The Art of Womens Fashion

SUMMER BLOW OUT SALE FINAL DAYS!
Items as low as $10
All Moto Jeans & Dress Pants $20
Sale ends July 31st

10725 124 Street, Edmonton, AB P 780 482 1200
www.ThreadHill.com Sales@ThreadHill.com

GEORGE GINA & LUCY ADVENTURES DES TOILES COOKIE JOHNSON JEANS SUPERTRASH CA VA DE SOL COLLEEN FITZEN

WANTED HEALTHY ADULTS

Research Study To Develop A Simple Test To Replace Colonoscopy

PARTICIPANTS NEEDED

What is the goal of the study?
The purpose of this study is to see if a single stool sample that is measured for calprotectin (a calcium binding protein found in feces) can be used to replace colonoscopy as a diagnostic test.

Who can enter the study?
Healthy adults aged 18 and over.

What are the participants asked to do?
Participants will simply need to bring in a single small sample of stool and complete a short questionnaire.

Are participants compensated?
Participants will be compensated with a $20 bookstore gift certificate for returning the completed surveys.

Who can I contact for more information?
You may call 780-248-1040 or email msydora@ualberta.ca to learn more about this study.

UNIVERSITY OF ALBERTA

Stool Calprotectin as a marker of inflammation to support differentiation between inflammatory diseases as Inflammatory Bowel Disease (IBD) from non-inflammatory diseases as Irritable bowel syndrome (IBS)

Smug Marrieds

KATE STEWART & BRET DAWSON

2FORCOUPLES.COM

▶ Sometimes it's healthy to have a good fight.

DON'T BE A PASSENGER IN YOUR RELATIONSHIP

If your relationship is being driven into the ground by bad communication it's up to you to say so

Q: Smug Marrieds, I used to drive all the time, but now my hubby is always in the driver's seat and I'm the passenger. What's up with that?

Kate says...

Maybe you can explain this phenomenon to me. I have never understood it, and I've seen it happen again and again. Not always, but really, really often, women just let their husbands drive all the time when they are in the car together. It's not that they've forgotten how to drive — they still manage to get around quite handily when they are alone.

Drinking helps, I find. If he always drives, then surely he must always drive when you've been out to a dinner party, which means you get to drink all the wine. Typically, unless he is truly freakishly uptight about this, he realizes the sacrifice he's making and you naturally end up negotiating equal driving rights.

But then, not everyone drinks, so the question remains: Is it just that once comfortably coupled, men feel that they can let their naturally controlling instincts prevail behind the wheel? With Bret and me, I drive maybe 80 per cent of the time, which, from what I can tell, suits us both.

Bret says...

Darling, do you even need me to write this column?

Q: I just moved in with my girlfriend. We've been together for over a year and have never really fought. Now all of a sudden I find everything she does totally annoying (48 bucks on fashion magazines?!?). I think she feels the same way. Are we dust?

Bret says...

Yes. Yes, you are totally dust. As Kansas once said, "All we are is dust in the wind."

Okay, here's the deal. When Kate and I first moved in together, I thought it would be good to impress her with my command of the kitchen. Once, I had some really good chili where the secret ingredient was two squares of unsweetened chocolate.

So when it came time to show off my chops over the stove, I dreamed up a little concoction involving cocoa-infused brown rice. It tasted like 12 layers of ass. Kate did not like eating it. I did not like eating it either. She was too polite and I was too full of Grade 7 pride to just dump it in the garbage.

And I felt small and humbled inside. Are we, I asked myself, dust? Looking back, the answer is clear: Of course not.

Kate says...

Are you dust? Not if you do something about this fast. When Bret and I moved in together, I personally felt like killing him about five minutes into the whole deal. Bret and I communicated pretty much exclusively by snapping at each other and glaring for the first week we lived together. If you've been together for a full year and never once had a proper drag-'em-out, hold-no-prisoners yelling match, there is probably something you're not telling each other.

The luxury of being able to stew and and repress all those pent-up resentments is gone. Now you actually have to talk to each other.

Comwave Knocks Out the Competition with Guaranteed Lowest Rates FOR LIFE!

Make Long Distance and Overseas Calls From Your CELL PHONE!

(at our GUARANTEED LOWEST RATES!)

✔ No need to cancel your service provider.
✔ $10 Free Long Distance for every friend you refer
✔ No Contracts

CUBA 89.9 ¢/min | INDIA 2.9 ¢/min | PAKISTAN 5.9 ¢/min | PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh from...3.9 ¢	Lebanon .....9.9 ¢	Iraq..from.....4.9 ¢
Barbados.....9.9¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile.....2.9 ¢	Nepal..from.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....12.9 ¢	Russia..from.....2.9 ¢
Ecuador.....12.9¢	Fiji.....24.9¢	Saudi Arabia from..9.9 ¢
El Salvador.....9.9 ¢	Ghana.....9.9 ¢	South Korea....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9¢	Sri Lanka.....9.9 ¢
Jordan.....13.9 ¢	Guatemala.....10.9¢	Trinidad.....4.9 ¢
Kenya from.....9.9 ¢	Guyana.....27.9¢	U.A.E.....16.9 ¢

UNLIMITED Calling to INDIA From your Home or Cell Phone!

only $29.95 /month

UNLIMITED Calling to Anywhere in CANADA From your Home or Cell Phone!

$5 /month

If you EVER Find a Lower Rate Simply Call us and we'll Beat it... GUARANTEED!

Comwave will be open on Monday, August 2nd for your convenience.

comwave

780-665-1818 comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Rate Guarantee is based on competitotrs lowest advertised rate for like services. $29.95 Unlimited calling to India is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. Terms and conditions apply, see www.comwave.ca for details

Apartment Finder
To advertise contact Yvonne Markey at 780-701-0347

realstar management
BLUE QUILL APARTMENTS
1-888-241-8361 • 11615 28th Ave. NW
Ask About 50% off SD and FREE Rent!
1 bedroom from $895, 2 bedroom from $995
WESTLAWN VILLAGE APARTMENTS
1-888-423-9792 • 9535 165th Street NW
MACDONALD ESTATE APARTMENTS
1-888-289-4159 • 9925 Jasper Avenue
www.realstar.ca

Service Directory
To advertise call 780-702-0592

FINANCIAL

Brokers national
500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

NEED MONEY?
✓ No credit checks
✓ Fast approvals
Call 1866 499-5629
And get cash now!!
www.mynextpay.com
36718 0112

Visit metronews.ca to watch metrotube of the day

PSYCHICS

★ANSOU★
The great spiritual healer
Helps solving all problems
Reunite loved ones.Divorce.
Protect bad heart against your happiness.Family.Love.Gambling.
sexual.success.Removings evil spells, bad luck. Clear readings for anything!
★100% GUARANTEED★
Call: 780-655-4038

EVENTS

IronMama
5 K Run & Walk
Sunday August 15 - 9am
Enjoy Edmonton's beautiful River Valley and celebrate being a mom!
www.newmama.ca

Beware little birds returning to nest

Don't let your kids' financial boomerang hit you in the back of the head

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Take a gander at this stat: from 2001 and 2006 the number of 25 to 29-year-olds who were either still living at home or had returned to the nest nearly tripled. And this was before the recession.

So many are returning home as young adults that Statistics Canada dubbed them the boomerang generation. The Stats Can wits say those who never left home at all, "failed to launch."

Gen Y'ers — born 1977-1986 — aren't necessarily more indolent than previous generations, (though some are!) rather they're being squeezed in a vice. According to Statistics Canada, employment income for 22 to 34–year-olds has decreased relatively regardless of education over the past two decades. At the same time the cost of living, especially education, has increased dramatically. It's a pretty simple recipe for disaster — less money chasing greater expenses.

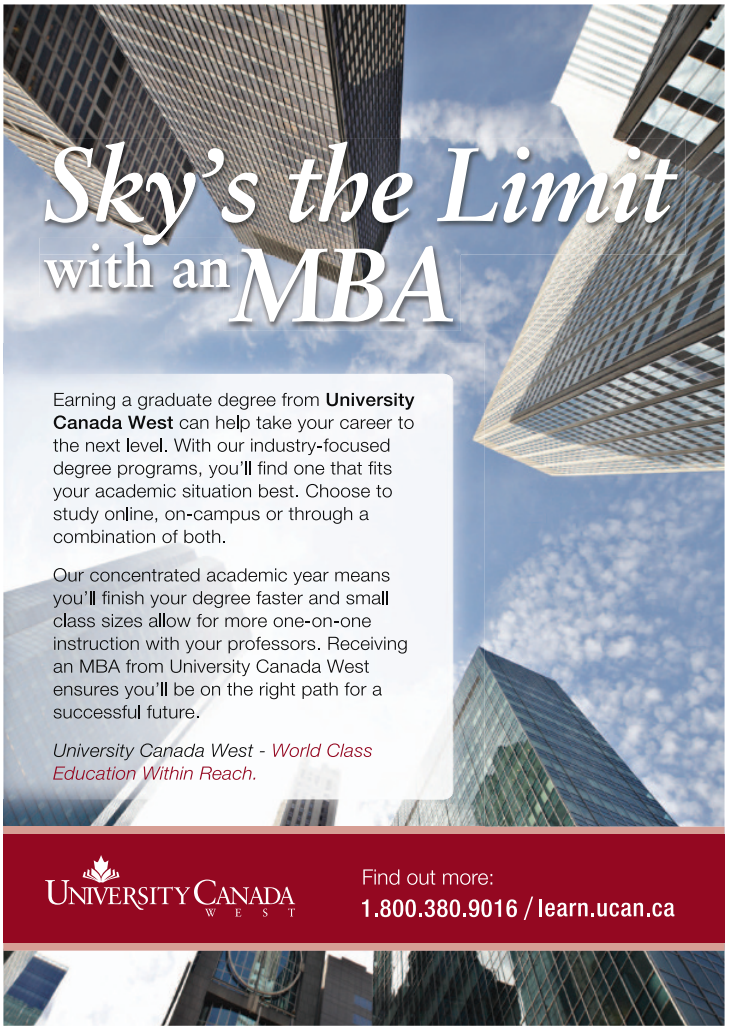
Paying down education debt or saving for an asset like a car or a house are two reasons to head or stay home. But financial difficulties caused by heedless spending is something different. A few years ago one of my daughters wanted back in, but refused to discuss the reason, which I knew was largely caused by over spending. I made it a condition of her return that we would monitor her finances. Along with giving birth to her, this was among the most painful experiences of my life — but it worked. She is now a very financially responsible mom. No matter why your child comes back home be clear about why so you don't enable bad habits and make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.

▶ If your child moves home be careful of lending them money.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.65%
ING	1.30%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	1.10%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE


Sky's the Limit with an MBA
Earning a graduate degree from University Canada West can help take your career to the next level. With our industry-focused degree programs, you'll find one that fits your academic situation best. Choose to study online, on-campus or through a combination of both.
Our concentrated academic year means you'll finish your degree faster and small class sizes allow for more one-on-one instruction with your professors. Receiving an MBA from University Canada West ensures you'll be on the right path for a successful future.
University Canada West - World Class Education Within Reach.
UNIVERSITY CANADA WEST
Find out more:
1.800.380.9016 / learn.ucan.ca

KEEP IT LIGHT
For your safety and the safety of your waste collector, keep garbage bags and cans under 20kg (44lbs). Anything heavier can cause strains and injuries.
Thanks for being waste wise.
SHARPS
Package it Right
THE CITY OF Edmonton
Edmonton.ca/waste

Battle brewing over contract

MEL EVANS/THE ASSOCIATED PRESS

▶ Ilya Kovalchuk

The NHL Players' Association filed a grievance yesterday that disputes the league's rejection of Ilya Kovalchuk's $102 million US, 17-year contract with the New Jersey Devils.

An independent arbitrator will be named to settle the battle over a contract the NHL felt violated the spirit of the Collective Bargaining Agreement with the players. Kovalchuk cannot play until the case is resolved.

"Under the terms of the CBA, the NHLPA and Mr. Kovalchuk are entitled to an expedited resolution of this matter," the NHLPA said in a statement.

It added the union would have no further comment "until this matter has been resolved by an arbitrator."

NHL deputy commissioner Bill Daly, who called the longest deal in league history a "circumvention of the CBA" in rejecting the landmark contract last week, said they were ready to face the arbitrator.

"Although there is no defined timetable at this point, we intend to work with the players' association to ensure an expeditious resolution of this dispute," Daly said in a statement. "The league looks forward to the opportunity to establish its position before the arbitrator."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year.

The final five years would pay only $550,000 per season. Questions were also raised over the duration. It would end when Kovalchuk is 44, well past retirement age for most players. **THE CANADIAN PRESS**

Is Romo ready to assume elite status?

Cowboys QB coming off stellar season ▶ But he's still searching for elusive Super Bowl victory

SCOTT BOEHM/GETTY IMAGES

▶ Quarterback Tony Romo of the Dallas Cowboys

Tony Romo finally has a playoff victory for the Dallas Cowboys to go with his three Pro Bowl selections.

The former undrafted quarterback is coming off another record-breaking season in which he also had a career-low nine interceptions while taking every snap for the NFC East champions. He has a 38-17 record as a starter.

Certainly biased Wade Phillips already considers Romo an elite quarterback — "I think Tony's there," the coach unabashedly said at the start of training camp.

Yet after only three seasons as a starter, Romo knows it will take a lot more than what he has done already to be discussed in such terms. He expects to be judged by wins, Super Bowls "and things of that nature."

"... The only way to be included in any talk of anything is to go out and win a championship."
TONY ROMO, DALLAS COWBOYS

"I love the tradition and the history of the game," Romo said. "So for me, you set out to accomplish certain goals and right at the top the only way to be included in any talk of anything is to go out and win a championship."

Maybe this will be the season Romo can add that to his glowing yet incomplete resume.

With 20 of 22 starters back from last year's division winner that defeated Philadelphia in the playoffs, there are expectations that Dallas could end its 15-year Super Bowl drought
THE ASSOCIATED PRESS

Castroneves in deep over tirade?

ROBERT LABERGE/GETTY IMAGES

Helio Castroneves' passion is part of what has made him one of the best IndyCar drivers of a generation.

Now, that emotion might have gotten the three-time Indianapolis 500 champion in trouble.

IndyCar Series officials are reviewing an incident involving Castroneves just after the checkered flag flew at Sunday's race in Edmonton. Castroneves crossed the line first, but was penalized for blocking teammate Will Power on the final restart and Scott Dixon was declared the winner.

Enraged by the decision, the Brazilian driver bolted from his car after the race and started screaming at IndyCar officials, touching one on the chest and grabbing another by the collar. The second official, who was much bigger than the five-foot-eight, 147-pound driver, didn't react to Castroneves, who was eventually pulled back.

Castroneves issued an apology for his post-race actions on his website yesterday. **THE CANADIAN PRESS**

Sports in brief

Paul doesn't ask for trade

NBA. New Orleans Hornets star guard Chris Paul did not request a trade yesterday in his meeting with new coach Monty Williams and top team officials, general manager Dell Demps said.

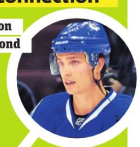
Demps added that he was confident Paul would still be with New Orleans when the coming season opens.

Garza tosses no-no for Rays

MLB. Matt Garza pitched the first no-hitter in Tampa Bay Rays history and the fifth in the major leagues this season, beating the Detroit Tigers 5-0 last night.
THE ASSOCIATED PRESS

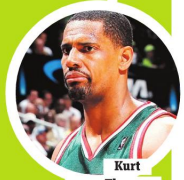
4 sports

The connection



Mason Raymond

Mike Teel



Kurt Thomas

Ryan Parent

Can you guess the connection between these athletes? Answer below.

CONNECTION ANSWER: ALL SIGNED CONTRACTS YESTERDAY (TEEL WITH BEARS, THOMAS WITH BILLS, RAYMOND WITH CANUCKS AND PARENT WITH PREDATORS.)

Quoted

"I definitely think the team we have here now is how they played in the '90s."
BRIAN MCCANN, ON THE ATLANTA BRAVES

Scan code for news

Knuckle Princess hits Canada

The Knuckle Princess is making her Canadian debut.

Eri Yoshida, an 18-year-old knuckleballer from Japan, is expected to draw a crowd tonight when she pitches for the Chico Outlaws against the Victoria Seals of the independent Golden League.

The California-based Outlaws and Seals are part of a 10-team league that includes clubs in Edmonton, Calgary, the western states, Maui and Tijuana, Mexico.

At five-foot-two and 115 pounds, the Yokohama native throws at men a foot taller and 80 pounds heavier. Yoshida is the youngest player in the league, which includes former major leaguers and young players seeking to get first and second looks from the big leagues.

The pint-sized hurler, who was recently honoured with a proclamation of achievement from Chico's mayor for helping put the northern California city on the map, is the first female to pitch for a professional minor league team since American Ira Borders retired a decade ago.

Tips from the best

Last spring, Yoshida received knuckleball tips from one of the best: Boston Red Sox pitcher Tim Wakefield, whose floating knuckleball has confounded big league hitters for years.

THE CANADIAN PRESS

CHICO ENTERPRISE-RECORD/THE CANADIAN PRESS

Chico Outlaws 18-year-old female pitcher Eri Yoshida.

If you need to know about trucks...
WE CAN TELL YOU
WE SELL NEW & USED
Call PAT: 780.940.3350
Call AL: 780.909.9426
FOR THE HAUL OF FAME! 2.5% O.A.C. UP TO 84 MOS
18" Wheels, hands free cell capability, trailer tow pkg.
CANADA'S hottest model event
2010 RAM 1500 4X4 QUAD SXT
#R0818
$26,998
$159/BW
2010 JEEP GRAND CHEROKEE
#G005433
$31,595
$206/BW
NO CHARGE Cummins DIESEL or DODGE HEMI
220 RAM TRUCKS AVAILABLE
NO CHARGE CUMMINS TURBO DIESEL ENGINE
$9,245 VALUE!
2010 Truck of the Year
DELIVERS HEAVY DUTY VALUE!
2010 RAM 2500 CREW CAB
#R00510. Auto, 4x4
$36,288
$218/BW
2010 JEEP LIBERTY SPORT 4X4
#J00156
$23,995
$159/BW
GREAT WEST TRUCK CENTRE
17817 Stony Plain Road
...3 Minutes North Of West Edmonton Mall
102 AVE
178 ST
STONY PLAIN RD
Prices reflect all rebates to cash and include freight & PDI. Taxes and fees extra. 2010 quote rate at 2.25% for 84 months, OAC. See dealer for details.
CREDIT APPROVAL: TOLL FREE 1-866-284-8222 • LOCAL 780-483-2304

Sports in brief

Vick reports to training camp

NFL. An NFL spokesman says there has been no change in Michael Vick's playing status, so the Eagles quarterback reported to training camp yesterday as expected. When asked whether a league investigation of Vick has been completed, Greg Aiello tells The Associated Press in an email the NFL would have no further comment on Vick at this time.

THE ASSOCIATED PRESS

Career Finder

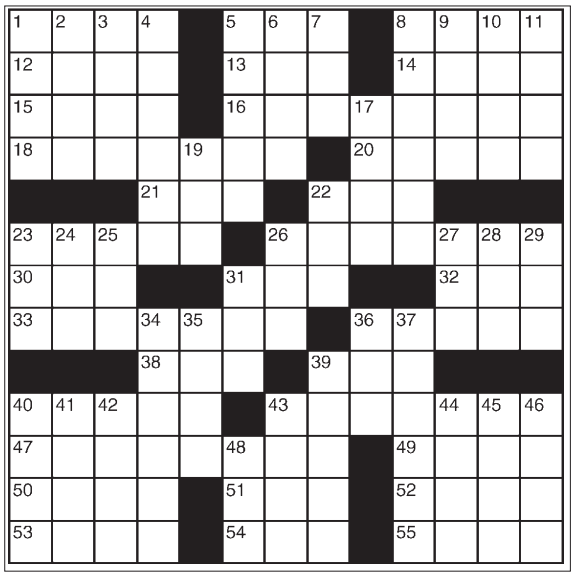
Food Supervisor
Needed at Azucar Picante Ristorante & Cantina
3 Years min experience
Fluent in Spanish and English
Experience in Mexican Food
13062 50 st.
$15/hr.
Fax or email only:
Fax: 780 479 7406
Email: edmontonazucar@yahoo.ca

TAKE A BREAK FROM WORK
Visit metronews.ca to watch metrotube of the day

Looking for a Commercial Satellite Installer
REQUIREMENTS: Valid Drivers License, Drivers Abstract, Head End Building & Balancing Experience, Knowledge of StarChoice, Bell TV, & Sky, Experience in L-Band & Digital Deployment, and Fibre Optics Basics.
DUTIES: Commercial Installation of satellite and related products | WAGE: $20/hr
Please email all resumes to
denova@innovativesatellite.ca
INNOVATIVE SOLUTIONS, 9511 42 Ave, Edmonton, AB,T6E5R2

WE ARE HIRING!
Easy, Fun
FT/PT Available
Must be Fluent in English
Close to Corona LRT Station
Hourly Wage + Bonuses
Call Jatin at: 780.482.5801 or 780.710.9041

Crossword



Across
1 "The Lion King" villain
5 Hurried
8 Piquancy
12 Earring location
13 Discoverer's cry
14 Draftee's rating
15 Astringent
16 Soccer prize
18 Escape
20 Supermarket section
21 Barbie's companion
22 Hot tub
23 Manhandled
26 Sweetheart
30 Past
31 "The Daily Show With — Stewart"
32 Newton fruit
33 Baker's need
36 Surpass
38 Lower limb
39 Relatives
40 Slander
43 Corridor
47 Zamfir's instrument
49 Relaxation
50 Line of rotation
51 — -jongg
52 Epider-mis
53 Roller coaster or Ferris wheel
54 Resort
55 The Red and the Black

Down
1 Refinery residue
2 Singer Natalie
3 Touch
4 New version of an old movie
5 Comic actor Atkinson
6 Sailor's call
7 Neither mate
8 Astrology signs
9 Contents of envs.
10 Pas — (dance solo)
11 Recording
17 Reindeer herder, maybe
19 Marry
22 Morning star
23 Calif.'s ocean
24 — Khan
25 Stir-fry vessel
26 Swindle
27 Sternward
28 Tease
29 Id counterpart
31 Binge
34 Pass by
35 Actress Gilpin
36 Rembrandt's medium
37 If not
39 Buckwheat porridge
40 Mast
41 Long skirt
42 Oklahoma city
43 Jalopy
44 Arouse
45 Largest continent
46 Longings
48 Afternoons, for short

▶ Yesterday's answer

Sudoku

	4		3					
1	2					6		5
		8		2				7
2		3		5	4			
	5						9	
			7	9		3		8
6				1		5		
9		1					2	3
					3		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	1	2	3	8	4	9	6
3	4	8	9	7	6	1	5	2
2	9	6	5	1	4	3	7	8
6	7	9	1	5	3	8	2	4
8	2	3	4	9	7	6	1	5
4	1	5	6	8	2	9	3	7
5	6	7	3	4	1	2	8	9
1	8	2	7	6	9	5	4	3
9	3	4	8	2	5	7	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

GreySaber, when the sky is dark and the world is cold, you are the light that warms my soul. **ANJELKA**

Calandra, we've been through some hard times recently but we have, can, and will make it through, I love you so much **JAMIE**

babaay, I can't even begin to tell you how happy you've made me. Even though it's only been 3 months feels like over 3 years... Your the only one that makes me so 'Karaazzy' .... Can't stop won't stop... **JKJ**

Bb, Im so glad the 3000 miles apart hasn't stopped us from being together for one year! I love you more than anything and I always will. **YOUR DARLING**

Love for my Pretty Ricky It's only been a few months now but since you've been a part of my life I've been so much happier & just like a happily ever after, I hope this lasts forever ..
ALL MY LOVE, LALA ;)

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 8° Max 23°	Min 9° Max 26°	Min 13° Max 28°

Michele McDougall
Weather Specialist
BT BREAKFAST TELEVISION
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Everyone knows you are smart — you don't have to prove it. You may feel the urge to show off a bit today but there is a danger you could go too far and end up looking silly.

♉ Taurus April 20-May 21 Mercury is well placed in your chart at the moment and good news of one sort or another is sure to come your way over the next 24 hours. Having said that, it might be wise not to take too much for granted.

♊ Gemini May 22-June 21 By all means reach out and help someone who is having a hard time but don't poke your nose into their business if they make it clear they don't want your assistance.

♋ Cancer June 22-July 22 Your mind is moving extra fast at the moment and you will solve in an instant problems that others just can't get to grips with. Use your intellectual superiority to impress important people.

♌ Leo July 23-Aug.23 By all means think big but don't assume that your plans will somehow be magically translated into the kind of rewards and applause that you crave. There are no short cuts.

♍ Virgo Aug. 24- Sept. 22 You have to make a choice regarding your future and with Mercury moving into your birth sign today there is no doubt at all that you will make the right one. You know what it is you most desire — so take it.

♎ Libra Sept. 23-Oct. 23 There is a fine line between saying what needs to be said and saying too much and you must watch out you don't stray over it today. Do you really need to voice your opinions about someone's inadequacies? Then don't.

♏ Scorpio Oct. 24-Nov. 22 You need to confide in someone you trust, someone who will tell you what you need to hear rather than what they think you want to hear.

♐ Sagittarius Nov. 23-Dec. 21 Important people are watching you closely, and not only watching but listening too. The way you act under pressure will tell them what they need to know about your suitability for promotion.

♑ Capricorn Dec. 22-Jan. 20 If you are going to make some kind of offer you must be sure that you can deliver. It's no good boasting that you can do this and do that if, when it comes to the crunch, you struggle. It makes you look bad.

♒ Aquarius Jan. 21-Feb. 18 When taking risks there is always the possibility that you will get it wrong. So long as you are aware of that fact, and prepared to deal with it if it happens, then go ahead and make your play.

♓ Pisces Feb. 19-March 20 You may know that someone has not been telling the whole truth about what they've been up to but don't make it an issue of it. **SALLY BROMPTON**

Caption contest

THE ASSOCIATED PRESS

You write it!
Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARK KEPPLER/THE ASSOCIATED PRESS

"ONE OF THE BEST NEWS APPS"

"Really cool. Lets you read articles offline too!" – *Real user review*
The free Metro Canada application is available on the *App Store.*
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.

Available on the App Store
metronews.ca

AIR CANADA VACATIONS

Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto
Bahia Samana Roulette • 4★
All-Inclusive • Run of the house
Aug. 8 – 29 • 1 wk.
$749
+Taxes & other fees (including service charges): $327

Punta Cana via Toronto
Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Aug. 1 – 22 • 1 wk.
$799
+Taxes & other fees (including service charges): $327

TURKS & CAICOS via Toronto
The Alexandra • 3 1/2★
Garden view deluxe studio
Aug. 7 & 8 • 1 wk.
$1079
+Taxes & other fees (including service charges): $267

SAINT LUCIA via Toronto
Bay Garden Inn • 2 1/2★
Standard rm.
Aug. 7 & 8 • 1 wk.
$1179
+Taxes & other fees (including service charges): $238

MEXICO

Puerto Vallarta/ Riviera Nayarit via Calgary
Barceló Puerto Vallarta • 4★
All-Inclusive • Junior suite deluxe
Aug. 21 • 1 wk.
$789
+Taxes & other fees (including service charges): $268

Dreams Villamagna Nuevo Vallarta • 4 1/2★
Unlimited – Luxury®
Junior suite tropical view with Jacuzzi
Aug. 7 – 21 • 1 wk.
PRIVILEGES
$1099
+Taxes & other fees (including service charges): $268

Cancun/Riviera Maya
Gran Bahia Principe Coba • 5★
All-Inclusive
Junior suite
Dec. 21 • 1 wk.
$1869
+Taxes & other fees (including service charges): $290

Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Dec. 21 • 1 wk.
$1929
+Taxes & other fees (including service charges): $290

CUBA

Santa Clara via Calgary
Meliá Las Dunas • 4★
All-Inclusive • Standard rm.
Aug. 7 – 21 • 1 wk.
$799
+Taxes & other fees (including service charges): $226

Varadero via Calgary
Meliá Varadero • 4 1/2★
All-Inclusive • Standard rm.
Aug. 8 – 22 • 1 wk.
$939
+Taxes & other fees (including service charges): $226

JAMAICA via Toronto
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Aug. 11, 12, 14, 15, 17 – 26, 28, 29 & 31
1 wk.
$1139
+Taxes & other fees (including service charges): $300
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 11, 12, 14, 15, 17 – 26, 28, 29 & 31
1 wk.
PRIVILEGES
$1189
+Taxes & other fees (including service charges): $300
Please add $50 for Sat. & Sun. departures

USA

HAWAII | Maui via Vancouver
Aston at the Maui Banyan • 3★
Hotel room/standard - Value rate
Sept. 4, 11 & 18 • 1 wk.
$1249
+Taxes & other fees (including service charges): $148

CRUISE

Princess Cruise Line[1]
Caribbean Princess
Southern Caribbean Cruise
Flights to San Juan via Toronto
Interior stateroom, cat. JJ
Nov. 14 & 28 • 1 wk.
FREE transfers
$1169
+Taxes & other fees (including service charges): $283

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 6,250 Aeroplan® Miles per member†

Find us on facebook twitter

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

CONNECT FREE[2] • Calgary • Lethbridge • Nanaimo • Regina • Saskatoon

Carlson Wagonlit Travel

Contact your local Carlson Wagonlit Travel office today.
1-800-CARLSON www.cwtvacations.ca

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between July 27 & 31, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Edmonton International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Edmonton to Saint Lucia via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Princess Cruises ships' registry: Bermuda. [2]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.